



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 35143, Tortilla, includes plain and from mutton sandwich (Navajo) ^a

Report Date: July 16, 2017 07:13 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	39.96	2	--	36.76	43.16	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Energy	kcal	237	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Energy	kJ	993	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Protein ¹	g	7.28	2	--	6.73	7.82	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Total lipid (fat) ¹	g	0.95	2	--	0.74	1.17	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Ash ¹	g	1.87	2	--	1.7	2.04	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Carbohydrate, by difference	g	49.94	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Fiber, total dietary ¹	g	2.4	2	--	2	2.8	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Sugars, total ¹	g	2.75	2	--	2.25	3.25	1.0	--	--	1	Analytical or derived from analytical	--	04/2004

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Sucrose 1	g	0.22	2	--	0.19	0.26	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Glucose (dextrose) 1	g	0.15	2	--	0.15	0.16	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Fructose 1	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
Lactose 1	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
Maltose 1	g	2.37	2	--	1.91	2.84	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Galactose 1	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
Starch 1	g	43.02	2	--	40.05	45.99	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Minerals													
Calcium, Ca 1	mg	70	2	--	60	81	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Iron, Fe 1	mg	3.81	2	--	2.75	4.87	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Magnesium, Mg 1	mg	19	2	--	18	20	1.0	--	--	1	Analytical or derived from analytical	--	04/2004

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Phosphorus, P 1	mg	146	2	--	128	164	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Potassium, K 1	mg	105	2	--	85	126	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Sodium, Na 1	mg	482	2	--	477	487	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Zinc, Zn 1	mg	0.32	2	--	0.27	0.36	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Copper, Cu 1	mg	0.102	2	--	0.1	0.1	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Manganese, Mn 1	mg	0.268	2	--	0.19	0.34	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Selenium, Se 1	µg	16.6	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Vitamins													
Vitamin C, total ascorbic acid 1	mg	0.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Thiamin 1	mg	0.370	2	--	0.24	0.5	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Riboflavin 1	mg	0.114	2	--	0.09	0.14	1.0	--	--	1	Analytical or derived from analytical	--	04/2004

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Niacin 1	mg	4.125	2	--	2.56	5.69	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Pantothenic acid 1	mg	0.170	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Vitamin B-6 1	mg	0.060	2	--	0.05	0.07	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Folate, total 1	μg	98	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Folic acid 1	μg	87	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Folate, food 1	μg	11	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Folate, DFE	μg	159	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2009
Vitamin E (alpha-tocopherol) 1	mg	0.19	2	--	0	0.37	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Tocopherol, beta 1	mg	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
Tocopherol, gamma 1	mg	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004

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Tocopherol, delta 1	mg	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
Vitamin K (phylloquinone) 1	µg	0.4	2	--	0	0.9	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Lipids													
Fatty acids, total saturated	g	0.296	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2004
8:0 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
10:0 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
12:0 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
14:0 1	g	0.008	2	--	0	0.01	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
15:0 1	g	0.002	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
16:0 1	g	0.211	2	--	0.18	0.24	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
17:0 1	g	0.005	2	--	0	0.01	1.0	--	--	1	Analytical or derived from analytical	--	04/2004

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18:0 1	g	0.066	2	--	0.02	0.12	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
20:0 1	g	0.002	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
22:0 1	g	0.004	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Fatty acids, total monounsaturated	g	0.185	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2004
14:1 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
15:1 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
16:1 undifferentiated 1	g	0.004	2	--	0	0.01	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
17:1 1	g	0.002	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
18:1 undifferentiated 1	g	0.175	2	--	0.11	0.24	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
20:1 1	g	0.004	2	--	0	0.01	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Fatty acids, total polyunsaturated	g	0.391	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2004

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18:2 undifferentiated ¹	g	0.372	2	--	0.34	0.41	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
18:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:3 n-3 c,c,c (ALA) ¹	g	0.019	2	--	0.02	0.02	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
18:3 n-6 c,c,c ¹	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
20:2 n-6 c,c ¹	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
20:3 undifferentiated ¹	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
20:4 undifferentiated ¹	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
Amino Acids													
Tryptophan ¹	g	0.060	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Threonine ¹	g	0.182	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Isoleucine ¹	g	0.286	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Leucine 1	g	0.530	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Lysine 1	g	0.157	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Methionine 1	g	0.122	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Cystine 1	g	0.166	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Phenylalanine 1	g	0.375	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Tyrosine 1	g	0.204	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Valine 1	g	0.326	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Arginine 1	g	0.283	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Histidine 1	g	0.165	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Alanine 1	g	0.227	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

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Aspartic acid ¹	g	0.296	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Glutamic acid ¹	g	2.613	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Glycine ¹	g	0.268	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Proline ¹	g	0.878	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Serine ¹	g	0.351	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA American Indian/Alaskan Native Database - Navajo Foods 1999-2000, 2000 Beltsville MD

Footnotes

^a Weight of serving based on limited samples and may vary widely.